



CHECKLIST

What You Need to Take When You Leave

- ___ Identification
- ___ Driver’s license
- ___ Child’s birth certificate
- ___ Your birth certificate
- ___ Money
- ___ Lease, rental agreement, house deed
- ___ Bank books
- ___ Checkbooks
- ___ Insurance papers
- ___ House and car keys
- ___ Medications
- ___ Small saleable objects
- ___ Address book
- ___ Pictures
- ___ Medical records (all family members)
- ___ Social Security card
- ___ Welfare identification
- ___ School records
- ___ Work permits
- ___ Green card
- ___ Passport
- ___ Divorce papers
- ___ Jewelry
- ___ Child’s small toys
- ___ Other_____

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of Family Violence

Safe Havens

Confidential

Victims Call for Help

Aberdeen	
Lutheran Social Services.....	229-1500
Safe Harbor	226-1212 or 1-888-290-2935
Belle Fourche	
Northern Hills Crisis Outreach	584-3560
Brookings	
Domestic Abuse Shelter	692-7233 or 1-888-643-5400
Burke	
Gregory County Shelter	775-2626 or 1-800-658-3486
Chamberlain	
Missouri Valley Crisis	734-5155 or 1-877-513-2361
Custer	
Women Escaping a Violent Environment...	1-800-424-3574
Deadwood	
Northern Hills Crisis Outreach	584-3560
Eagle Butte	
Sacred Heart Women’s Shelter	964-6026
Faith	
Crisis Intervention Outreach	967-2919 or 739-1123
Flandreau	
Wholeness Center	997-3535
Ft. Thompson	
Project Safe	245-2471
Hot Springs	
Women Escaping a Violent Environment...	1-800-424-3574
Huron	
YWCA Family Violence Program.....	352-4952
Kyle	
Oglala Sioux Tribe Victims Assistance	455-2988
Cangleska	455-2244
Lake Andes	
Native American Women’s Health	
Education Resource Center.....	487-7130
Lead	
Northern Hills Crisis Outreach	584-3560
Lemmon	
Communities Against Violence and Abuse	374-5823
Lower Brule	
Family Circle Crisis Center	473-0220
Madison	
House of Hope	256-6188 or 270-9911
Martin	
People Against Violence and Emotional Stress	685-5175
Mission	
Watchful Home.....	856-2189
White Buffalo Calf Woman Society	856-2317
Mitchell	
Area Safehouse	996-2765
Mobridge	
Bridges Against Domestic Violence.....	845-2110

Pierre	
Missouri Shores Domestic	
Violence Center.....	224-0256 or 1-800-696-7187
Pine Ridge	
Cangleska, Inc.	867-1035
Oglala Sioux Tribe Victims Assistance	867-5556
Rapid City	
Youth and Family Services	342-4303
Working Against Violence.....	1-888-716-9284
Standing Strong Woman House	
“Ohitika Najin Win Oti”	388-3778
Redfield	
Family Crisis Center	472-3097
Sioux Falls	
Rape and Domestic Abuse Center	339-0116
or 877-462-7474 or (after hours) 339-4397	
Children’s Inn	338-4880 or 1-888-378-7398
Catholic Family Services	988-3775
Lutheran Social Services.....	357-0100 or 1-800-568-2401
“Mita Maske Ti Ki” (My Sister Friends’ House) .	731-1950
Sisseton	
Women’s Circle	698-4129
Spearfish	
Victims of Violence Intervention Program.....	642-7825
Sturgis	
Crisis Intervention Shelter Service	347-0050
Vermillion	
Coalition Against Domestic Violence.....	624-5311
Watertown	
Women’s Resource Center.....	886-4300
Lutheran Social Services.....	882-2740
Winner	
Resource Center for Families.....	842-2736
Yankton	
Women’s Shelter.....	665-1204
Ft. Yates, ND	
Tender Hearts.....	1-888-800-9936

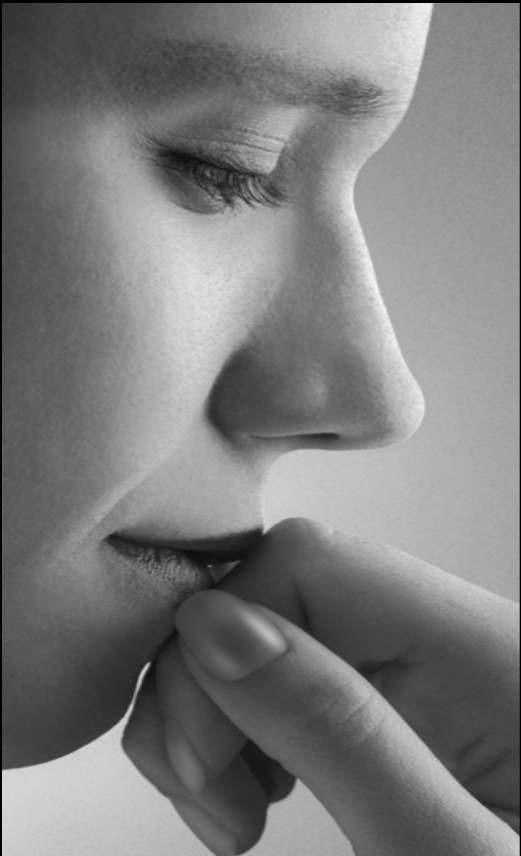
For More Information Call ...

South Dakota Domestic Abuse Hotline:
1-800-430-SAFE

National Domestic Violence Hotline:
1-800-799-SAFE

Hearing Impaired:
1-800-787-3224

Domestic Violence Safety Plan



**South Dakota
Domestic Abuse Hotline
1-800-430-SAFE**

**Department of Social Services
Division of Adult Services & Aging**

You have a right to be safe!

Safety During an Explosive Incident

- If an argument seems unavoidable, try to have it in a room or area that has access to an exit and not in the bathroom, kitchen or anywhere near weapons.
- Practice getting out of your home safely. Identify which doors, windows, elevator or stairwell would be best.
- Have a packed bag ready and keep it in an undisclosed but accessible place in order to leave quickly.
- Identify a neighbor you can tell about the violence and ask that they call the police if they hear a disturbance coming from your home.
- Devise a code word to use with your children, family, friends and neighbors when you need the police.
- Decide and plan for where you will go if you have to leave home (even if you don't think you will need to).
- Use your own instincts and judgment. If the situation is very dangerous, consider giving the abuser what he wants to calm him down. You have the right to protect yourself until you are out of danger.

Safety When Preparing to Leave

- Open a savings account in your own name to start to establish or increase your independence. Think of other ways in which you can increase your independence.
- Leave money, an extra set of keys, copies of important documents and extra clothes with someone you trust so you can leave quickly.
- Determine who would let you stay with them or lend you some money.
- Keep the shelter phone number close at hand and keep some change or a calling card on you at all times for emergency phone calls.
- Review your safety plan as often as possible in order to plan the safest way to leave your batterer.

** Leaving your batterer is the most dangerous time.*

Teens in a Violent Dating Relationship

- Decide which friend, teacher, relative or police officer you can tell.
- Contact an advocate at the court to decide how to obtain a protective order and make a safety plan.

Safety in Your Own Home

- Change the locks on your doors as soon as possible. Buy additional lock and safety devices to secure your windows.
- Discuss a safety plan with your children for when you are not with them.
- Inform your child's school, day care, etc., about who has permission to pick up your child.
- Inform neighbors and landlord that your partner no longer lives with you and that they should call the police if they see him near your home.
- Never call the abuser from your home. If he has caller I.D., he may be able to locate your residence.

Safety With a Protective Order

- Keep your protective order on you at all times. (When you change your purse, that should be the first thing that goes in it.)
- Call the police if your partner breaks the protective order.
- Think of alternative ways to keep safe if the police don't respond right away.
- Inform family, friends and neighbors that you have a protective order in effect.

Safety on the Job and in Public

- Decide who at work you will inform of your situation. This should include office building security. (Provide a picture of your batterer if possible.)
- Arrange to have someone screen your telephone calls if possible.
- Devise a safety plan for when you leave work. Have someone escort you to your car, bus or train. Use a variety of routes to go home if possible. Think about what to do if something happened while going home.

Your Safety and Emotional Health

- If you are thinking of returning to a potentially abusive situation, discuss an alternative plan with someone you trust.
- If you have to communicate with your partner, determine the safest method.
- Have positive thoughts about yourself and be assertive with others about your needs.
- Read books, articles and poems to help you feel stronger.
- Attend a women's victim's support group for at least two weeks to gain support from others and learn more about yourself and the relationship.